

#strongbands

STRONG  
B.A.N.D.S.  
BALANCE • ACTIVITY • NUTRITION • DETERMINATION • STRENGTH

**1 - 31 May 2014**

Get your Strong Band at the Fitness Center, Bldg 1507,  
by participating in any of the following:

*Participate in 3 aerobic classes and swim at least 3 times within the month  
Check out and read books on fitness, sports or nutrition at Library*

For more information call 301-619-2892/2498

[www.detrick.army.mil/mwr](http://www.detrick.army.mil/mwr)

IMPC LOE 2: Soldier, Family and Civilian Well-being

